

## Sermon Guide – Feb 6, 2022 Stewardship of Our Bodies

Psalm 139:1-18

O LORD, you have searched me and known me.

<sup>2</sup> You know when I sit down and when I rise up; you discern my thoughts from far away.

<sup>3</sup> You search out my path and my lying down, and are acquainted with all my ways.

<sup>4</sup> Even before a word is on my tongue, O LORD, you know it completely.

<sup>5</sup> You hem me in, behind and before, and lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me; it is so high that I cannot attain it.

<sup>7</sup> Where can I go from your spirit? Or where can I flee from your presence?

<sup>8</sup> If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

<sup>9</sup> If I take the wings of the morning and settle at the farthest limits of the sea,

<sup>10</sup> even there your hand shall lead me, and your right hand shall hold me fast.

<sup>11</sup> If I say, "Surely the darkness shall cover me, and the light around me become night,"

<sup>12</sup> even the darkness is not dark to you; the night is as bright as the day,  
for darkness is as light to you.

<sup>13</sup> For it was you who formed my inward parts;  
you knit me together in my mother's womb.

<sup>14</sup> I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; that I know very well.

<sup>15</sup> My frame was not hidden from you, when I was being made in secret,  
intricately woven in the depths of the earth.

<sup>16</sup> Your eyes beheld my unformed substance.

In your book were written all the days that were formed for me,  
when none of them as yet existed.

<sup>17</sup> How weighty to me are your thoughts, O God! How vast is the sum of them!

<sup>18</sup> I try to count them—they are more than the sand;  
I come to the end<sup>[a]</sup>—I am still with you.

The theme for today is "Stewardship of Our Bodies." How do you take good care of your body?

Are there some personal habits you would like to change?

How could we, as a congregation, promote good stewardship of our bodies?

During his ministry, Jesus healed many people of their physical ailments. He cared for the bodies of those around him. How might we be called to pay attention to the bodies of our neighbors as we love and serve them?